



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 09104, Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids

Report Date: June 30, 2017 06:26 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	84.24	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	58	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	243	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	0.34	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.07	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.21	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	15.14	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Fiber, total dietary	g	1.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/1994
Minerals													
Calcium, Ca	mg	7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Iron, Fe	mg	0.29	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

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Phosphorus, P	mg	9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Potassium, K	mg	82	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.07	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.065	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.148	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Vitamins													
Vitamin C, total ascorbic acid	mg	2.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.365	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.053	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Vitamin B-6	mg	0.032	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, total	μg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Folate, DFE	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin A, RAE	µg	21	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	429	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Lipids													
Fatty acids, total saturated	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:0	g	0.006	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:0	g	0.002	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total monounsaturated	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:1 undifferentiated	g	0.012	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total polyunsaturated	g	0.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:2 undifferentiated	g	0.024	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated	g	0.003	1	--	--	--	--	--	--	--	Analytical or -- derived from analytical	--	08/1982
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982